

49: gourmet bush tucker

teachers' notes

1) Students' responses will probably vary, but planning meals is an important mental exercise to go through. Some students give it very little thought. Some even allow a parent to plan their meals for them!

2) The following points are worth making to students:

- "camp food" doesn't have to be crap food – it can be "gourmet"
- meals should be healthy & balanced & varied & easy to prepare
- students should be creative
- being on camp is not the time to experiment with food
- students should check first before planning to cook breakfasts/lunches in case there won't be time

3) Planning meals with a buddy/buddies is usually a fun thing to do.

4) Supplying measured quantities of food, containers, etc. is more expensive in a direct sense – & more time-consuming – but it has merit, especially with younger students. (You know students will eat well.)